



NAMI Ending the Silence



NAMI Santa Cruz County

Teen Mental Health Resources Santa Cruz County, Fall 2020

24/7 Suicide Prevention Line

1-877-663-5433 (1-877-ONE-LIFE)

If you or someone you know is experiencing the warning signs of suicide, OR you just need someone to talk to, please call this local suicide prevention number

24/7 Free Mental Health Support Text Line

Text "Hello" to 741741

NAMI Santa Cruz

www.namisc.org/student-resources.html

Check out our website for more websites, guidance, and support!

Santa Cruz County Child and Adolescent Behavioral Health Services

Behavioral health services including psychiatry, community programs, and therapy

1-800-952-2335

The Trevor Project

For LGBTQIAA youth with mental health concerns. The website also has chat and text options.

1-866-488-7386

www.thetrevorproject.org

www.OK2TALK.org

A website to share and read personal stories

Family Services Agency (Santa Cruz)

Counseling and education for youth and families

(831)-423-9444

www.fsa-cc.org

Walnut Avenue Family Center (Santa Cruz)

Support groups, workshops, and education for youth and families experiencing domestic violence

(831)-426-3062

www.wafwc.org

Encompass Youth Services (Santa Cruz/Watsonville)

Counseling and education for youth. Must be in Santa Cruz County health system (see first number) to be eligible for certain services.

(831)-688-8856, x0

www.encompasses.org/YS

Pajaro Valley Prevention and Student Assistance (Pajaro Valley District)

Counseling, workshops, and education for youth and families.

(831)-728-6445

www.pvpsa.org